



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 5th, 2016 Cooking Class

Featuring

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Banana-Hemp Granola

Serving: 6-8 (1/4 cup)

Ingredients:

- ¾ cup mashed bananas
- 2/3 cup chopped dates
- 1 Tbsp. vanilla
- ¼ cup almond butter
- 3 cups whole grain oats
- ½ cup hemp seeds



Nutrition Facts	
Serving Size: 1 serving (75.9g)	
Servings: 1	
Amount Per Serving	
Calories 200	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	25%
Sugars 11g	
Protein 9g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Directions:

1. Preheat the oven to 275° and line a cookie with parchment paper.
2. Blend the first 3 ingredients in a food processor, blend till as smooth as possible, and then add in the almond butter.
3. In a large bowl, combine the oats and hemp seeds.
4. Add the wet mixture to the oats and hemp seeds.
5. Combine and spread in an even layer on the cooking sheet.
6. Bake for 25 minutes, mix, then return to the oven and bake for another 25-30 minutes (until the mixture is brown).

Notes:

